

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Chicken Roganjosh Curry with Rice Ingredients: Chicken, Green Beans, Carrot, Potato, Rice, Coconut Milk, Roganjosh Paste, Tomato Paste, Tomatoes, Vegetable Stock (Celery), Coriander, Spices, White Onion, Garlic Cloves, Ginger, Curry Powder, Sunflower Oil</p>	<p>Italian Lamb Spaghetti Bolognese Ingredients: Lamb, Sweetcorn, Celery, Carrot, Pasta (Wheat) Garlic, Cumin Tomato, Onion, Ground Coriander, Stock (Celery) Herbs, Pepper, Sunflower Oil</p>	<p>Marinated Garlic Chicken with Seasonal Vegetables served with Gravy & Potato Ingredients: Chicken, Carrot, Garden Peas, Green Beans, Sweetcorn, Gravy, Potato, Spices, Herbs, Garlic, Lemon, Ginger, Pepper, Sunflower Oil</p>		<p>Tuna Macaroni Cheese w/ Sweetcorn & Pea Ingredients: Tuna (Fish), Cannellini Beans, Sweetcorn, Peas, Pasta (Wheat), Cheese (Milk), Milk, Butter (Buttermilk, Cream), Mustard (Wheat), Flour (Wheat), Parsley, Garlic, Ginger, Pepper (Seasoning), Sunflower Oil</p>
Vegetarian	<p>Vegetable Roganjosh with Rice (V) Ingredients: Chickpea, Green Beans, Carrot, Potato, Rice, Coconut Milk, Roganjosh Paste, Tomato Paste, Tomatoes, Vegetable Stock (Celery), Coriander, Spices, White Onion, Garlic Cloves, Ginger, Curry Powder, Sunflower Oil</p>	<p>Italian Vegetable Spaghetti Bolognese (V) Ingredients: Mixed Beans (Cannellini Beans, Kidney Beans, Butter Beans, Chickpeas), Sweetcorn, Carrot, Pasta (Wheat) Garlic, Celery, Cumin Tomato, Onion, Ground Coriander, Stock (Celery) Herbs, Pepper, Sunflower Oil</p>	<p>Vegetable sausage W/ Veg, Potato & Gravy Ingredients: Vegetable Sausage (Soya Protein Palm Oil, Tomato, Onion Powder, Yeast, (Wheat Flour) Sulphites, Wheat, Carrot, Garden Peas, Green Beans, Sweetcorn, Gravy, Potato, Spices, Herbs, Garlic, Lemon, Ginger, Pepper, Sunflower Oil</p>	<p>Mediterranean Ratatouille Ragout (V) Ingredients: Pasta (Wheat), Chickpea, Aubergine, Courgette, Broccoli, Tomato, Lemon Juice (Potassium Metabisulphite), Stock (Celery), Basil, Thyme, Onion, Garlic, Pepper, Sunflower Oil</p>	<p>Cauliflower Macaroni Cheese w/Sweetcorn & Pea Ingredients: Cauliflower, Cannellini Beans, Sweetcorn, Peas, Pasta (Wheat), Cheese (Milk), Milk, Butter (Buttermilk, Cream), Mustard (Wheat), Flour (Wheat), Parsley, Garlic, Ginger, Pepper (Seasoning), Sunflower Oil</p>
Dessert	<p>Yoghurt with Blueberry Coulis Ingredients: Yoghurt (Milk), Blueberry, Banana, Milk</p>	<p>Summer Fruit Ambrosia Ingredients: Mixed Fruit, Custard, Milk</p>	<p>Orange Jelly Ingredients: Sugar, Gelling Agents, (Citric Acid), Orange flavour Flavouring</p>	<p>Seasonal Fruit Salad</p>	<p>Marble Strawberry Jam Sponge Cake Ingredients: Wheat Flour, Raising Flour, Sugar, Egg, Whey Powder (Milk), Strawberry Jam, Vegetable Oil, Milk, Soya</p>
Afternoon Tea	<p>Cheese & Pickled Beetroot Sandwich Ingredients: Cheese (Milk), Carrot, Beetroot, Raisins, Bread (Wheat, Soya), Margarine (Buttermilk)</p>	<p>Minestrone Soup Ingredients: Vermicelli (Wheat), Peas, Celery, Cannellini Beans, Cabbage, Carrot, Onion, Tomato, Oregano, Spices, Vegetable Stock (Celery), Pepper, Sunflower Oil</p>	<p>Chickpea with Couscous Salad Ingredients: Couscous (Wheat, Barley), Chickpea, Cucumber, Tomato, Coriander, Lemon Juice (Potassium Metabisulphite), Pepper</p>	<p>Beans On Toast Ingredients: Baked Beans, Tomato Sauce, Tomatoes, Water, Sugar, Salt, Paprika, Bread (Wheat, Soya)</p>	<p>Yellow Split Pea Dhal with Bread Ingredients: Yellow Split Pea, Carrot, Onion, Garlic, Turmeric, Mild Curry Powder, Vegetable Stock, Bread (Wheat, Soya)</p>